

Davcina Mistress of the Earth

وَرَبَّكَ فَكَبِّرْ
وَتِيَابَكَ فَطَهِّرْ
وَالرُّجْزَ فَأَهْجِرْ

*Revere your Lord alone. Purify your garments. Continue to shun idols.
Surah Al-Muddaththir 3-5*

Davcina is known as the mistress of the Earth, the Nekalah which traps one in Mundanity. This is a goddess of the dunya, a tempter who tries to make the mu'min remain in the dunya. The Anbiya, or prophets, warned about Davcina using various names. From the nabi Siddatta (AS) we were taught how to overcome Davcina. Siddatta (AS) taught four methods of dealing with Davcina.

Restraint of senses

Abandonment of defilements

Cultivation of enlightenment factors

Preservation of concentration

Restraint of senses includes

Eye and visible objects

Ear and sound

Nose and odor

Tongue and taste

Body and touch

Mind and mental objects

Any desire-passion with regard to the eye is a defilement of the mind. Any desire-passion with regard to the ear... the nose... the tongue... the body... the intellect is a defilement of the mind. When, with regard to these six bases, the defilements of awareness are abandoned, then the mind is inclined to renunciation. The mind fostered by renunciation feels malleable for the direct knowing of those qualities worth realizing.

qv. Pali Canon 27, Defilements

Abandonment of defilements

Defilements are mental obstacles preventing the overcoming of Davcina, they are the essences of how Davcina keeps one trapped. To abandon oneself of these defilements through samatha, one becomes naturally closer to Allah. With samatha, or calmness of mind achieved through meditation, one may then receive insight from Allah. It is with this apprehension of insight that the defilements of Davcina soften to the extent of non-attachment.

1. Greed
2. Hate
3. Delusion
4. Conceit
5. Wrong views
6. Doubt
7. Torpor, lethargy
8. Restlessness
9. Shamelessness
10. Recklessness

qv. Visuddhimagga (Vsm. XXII 49, 65)

Cultivation of the lapis-factors

Cultivation of these factors bring about closeness with Allah. If these are not strong then one remains in the grip of Davcina.

Mindfulness To maintain awareness of reality

Investigation of the nature of reality

Energy also determination and effort

Joy or Falah

Relaxation or **tranquility** of both the body and mind

Concentration, a calm, one-pointed state of mind, or clear awareness

Equanimity To accept reality as-it-is without emotional-aversion.

Balancing lapis-factors & defilements	
<ul style="list-style-type: none">• Joy or falah• Investigation• Energy	to be used when experiencing sloth & torpor to regain mindfulness
<ul style="list-style-type: none">• Mindfulness	the balancing factor
<ul style="list-style-type: none">• Relaxation• Concentration• Equanimity	to be used when experiencing restlessness & worry to regain mindfulness

Preservation of concentration

This is achieved through meditation of Azoth, or the balancing of the causal and acausal, moving through each with the breath. In this state, one is neither in the causal nor the acausal but outside of each experiencing both at once. It is a state sans denotatum and free from Davcina.

Taugu Nexion
132 year of Falah
1443 Hijri